



*Torrance Memorial Medical Center and the Torrance-South Bay YMCA present*

# HEALTHY EVER AFTER *for* KIDS

## *A Nutrition and Fitness Program for Kids and Families*

The program promotes healthy lifestyle choices by providing useful information and practical tips through hands-on learning, fun exercises, parent and child activities, and more.

These **fun**, interactive classes on nutrition and fitness will be taught by registered dietitians and YMCA fitness specialists.

For kids aged 7-13 and their families; open to all, not just for those seeking weight management. Each child must be accompanied by a parent or guardian.

**WHAT:** A series of nutrition and fitness classes for kids, ages 7-13

**WHERE:** Torrance-South Bay YMCA  
2900 West Sepulveda Blvd., Torrance

**WHEN:** Thursdays from 5:30-7pm

- Winter I: January 5-February 9, 2017
- Spring I: March 23-May 4, 2017 (no class on March 30)
- Spring II: May 11-June 15, 2017 (no class on June 8)
- Summer I: June 22-July 27, 2017
- Fall I: September 7-October 12, 2017
- Fall II: October 19-November 16, 2017

**COST: FREE!**

For more information please contact: Isaac Gardner, Healthy Lifestyle Director, at 310-602-4796 or [isaacgardner@ymcala.org](mailto:isaacgardner@ymcala.org).

*Health Education classes are designed to support health and personal wellness, but are not a substitute for medical care. Always consult your physician regarding your health needs.*



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